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IN THE CLAIMS

1 Please cancel claims 9, 16, 20 and 22 without prejudice.

Please amend claims 4, 21 and 23 as follows:

5 1. (Original)

An ankle, leg and hip exercising device, comprising:

10 a lower portion having an upper end and a parabolic-shaped lower end whereby said lower end may be selectively movably positioned on a supporting surface so as to have a full range of movement with respect thereto; and

15 a foot supporting and retaining portion at the said upper end of said lower portion for supporting a person's foot therein and resisting the (upward), transverse, and longitudinal motion of the person's foot with respect to the device. *not seal*

2. (Original)

The device of claim 1 wherein at least one exercise attachment means is provided on said foot supporting and retaining portion.

20 3. (Original)

The device of claim 2 wherein said exercise attachment means has a receiving means for receiving a weight means thereon.

25 4. (Currently Amended)

The device of claim 2-3 wherein said receiving means comprises an upstanding pipe stub.

5. (Original)

1 The device of claim 4 wherein a first elongated tubular member, having upper and lower ends, has its lower end received by said pipe stub and extends upwardly therefrom.

5 6. (Original)

5 The device of claim 5 wherein the upper end of said first tubular member has a hand grip portion thereon.

7. (Original)

10 The device of claim 6 wherein said first tubular member has weights mounted thereon.

8. (Original)

The device of claim 5 wherein said elongated tubular member is comprised of a flexible material.

15 9. (Canceled)

10. (Original)

The device of claim 4 wherein a plurality of overlapping tubular members are secured to said pipe stub and extend upwardly therefrom.

20 11. (Original)

The device of claim 2 wherein a plurality of exercise attachment receiving means are provided on said foot supporting and retaining portion.

12. (Original)

1 The device of claim 11 wherein each of said exercise attachment receiving
means comprises a pipe stub.

5 13. (Original)

5 The device of claim 11 wherein said foot supporting and retaining portion has a
forward end, a rearward end, and opposite sides and wherein a pipe stub extends
upwardly from said foot supporting and retaining portion at its forward end and at each
of its sides adjacent the forward end thereof.

10 14. (Original)

10 The device of claim 13 wherein a horizontally extending pipe stub extends
forwardly from the pipe stub located at the forward end of said foot supporting and
retaining portion.

15 15. (Original)

15 The device of claim 13 wherein a pipe stub extends upwardly from said foot
supporting and retaining portion rearwardly of the pipe stub located at the forward end
thereof.

20 16. (Canceled)

20 17. (Original)

20 The device of claim 1 wherein said foot supporting and retaining portion is
selectively removably secured to said lower portion.

18. (Original)

1 The device of claim 1 wherein said foot supporting and retaining portion includes
a recessed portion having a forward end, a rearward end, and opposite sides.

5 19. (Original)

The device of claim 18 wherein upstanding walls are provided at the opposite
sides of said recessed portion.

10 20. (Canceled)

21. (Currently Amended)

The device of claim 20-28 wherein a heel retainer is adjustably positioned
rearwardly of said U-shaped member.

15 22. (Canceled)

23. (Currently Amended)

The device of claim 20-28 wherein said U-shaped member is secured to said
upstanding walls.

20 24. (Currently Amended)

The device of claim 15 wherein the said pipe stub which extends upwardly from
said foot supporting and retaining portion rearwardly of the pipe stub located at the
forward end thereof is selectively removable.

25. (Currently Amended)

An ankle, leg and hip exercising device, comprising:

1 a lower portion having an upper end and a parabolic-shaped lower end whereby said
lower end may be selectively movably positioned on a supporting surface so as
to have a full range of movement with respect thereto;
and a foot supporting and retaining portion at the said upper end of said lower portion
5 for supporting and retaining a person's foot therein, which at least partially
encloses the person's foot.

Please add new claims 26-29 as follows:

26. (New)

An ankle, leg and hip exercising device, comprising:

10 a lower portion having an upper end and a parabolic-shaped lower end whereby said
lower end may be selectively movably positioned on a supporting surface so as
to have a full range of movement with respect thereto;
a foot supporting and retaining portion at the said upper end of said lower portion for
15 supporting a person's foot therein and resisting the upward, transverse, and
longitudinal motion of the person's foot with respect to the device;
at least one exercise attachment means being provided on said foot supporting and
retaining portion; said exercise attachment means having a receiving means for
20 receiving a weight means thereon; said receiving means comprising an
upstanding pipe stub;
a first elongated tubular member, having upper and lower ends, having its lower end
received by said pipe stub and extending upwardly therefrom; said first elongated
tubular member being comprised of a flexible material; and

1 a second elongated tubular member selectively embracing said first elongated tubular
member, thereby increasing the rigidity of said first elongated tubular member.

27. (New)

An ankle, leg and hip exercising device, comprising:
5 a lower portion having an upper end and a parabolic-shaped lower end whereby said
lower end may be selectively movably positioned on a supporting surface so as
to have a full range of movement with respect thereto; and
10 a foot supporting and retaining portion at the said upper end of said lower portion for
supporting a person's foot therein and resisting the upward, transverse, and
longitudinal motion of the person's foot with respect to the device;
15 said foot supporting and receiving portion having a forward end, a rearward end, and
opposite sides and wherein strap connectors are provided at said rearward end
and at said sides of said foot supporting and receiving means.
A.

28. (New)

An ankle, leg and hip exercising device, comprising:
a lower portion having an upper end and a parabolic-shaped lower end whereby said
lower end may be selectively movably positioned on a supporting surface so as
to have a full range of movement with respect thereto;
20 a foot supporting and retaining portion at the said upper end of said lower portion for
supporting a person's foot therein and resisting the upward, transverse, and
longitudinal motion of the person's foot with respect to the device; said foot

1 supporting and retaining portion including a recessed portion having a forward
end, a rearward end, and opposite sides; and
an arcuate, inverted U-shaped member that extends over the forward end of said
recessed portion.

5 29. (New)

A.
An ankle, leg and hip exercising device, comprising:
a lower portion having an upper end and a parabolic-shaped lower end whereby said
lower end may be selectively movably positioned on a supporting surface so as
to have a full range of movement with respect thereto;
10 a foot supporting and retaining portion at the said upper end of said lower portion for
supporting a person's foot therein and resisting the upward, transverse, and
longitudinal motion of the person's foot with respect to the device; said foot
supporting and retaining portion including a recessed portion having a forward
15 end, a rearward end, and opposite sides; said recessed portion being concave;
and
upstanding walls at the opposite sides of said recessed portion.

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